

Survival of a 101 year old survivor of myocardial infarction

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Introduction: There is not a consensus about the safety of statin therapy in the elderly, let alone the oldest of the old.

Purpose: This paper presents a case report of a 75 year old lady who survived an acute myocardial infarction and has been maintained on statin and aspirin therapy, along with a calcium channel blocker for coronary vasodilatation (not hypertension), with no other intervention. She is now 101 and ½ years old, still on medication and free of any clinical complications.

Methods: This is a case report of a single patient and her outcome on optimal medical therapy. This case is unique because it is the only case in the world, to the author's knowledge, of statin therapy in a patient in the eleventh decade of life.

Results: The patient in question sustained an acute myocardial infarction at age 75 years. Her attending physician elected to do nothing in the way of treatment of atherothrombotic disease risk factors, particularly dyslipidemia. Some two years later the patient entered the author's practice. He began the patient on statin therapy, combined with aspirin. Her initial course was marked by hospitalizations for recurrent chest pains, but after a few years with the addition of calcium channel blocker therapy for recurrent angina, the chest pain resolved and has not recurred. The patient is now 101 ½ years old and remains free living in her own home. There have been no other interventions, medical or surgical.

Conclusions: This is a report about the success of optimal medical therapy, including statin therapy with super-statins, in a 101 ½ year old survivor of an acute myocardial infarction. This report shows that such therapy can be effective in control of atherothrombotic disease even in the oldest of the old.

Speaker Biography

William E. Feeman Jr., MD, is a Physician on staff at Wood County Hospital, and in private practice, both in Bowling Green, Ohio. He attended undergraduate school at Ohio State University (1961-1966) and became interested in a career in medicine during that time; prior to his decision to enter medicine he planned to have a career in astronomy. He attended undergraduate medical school at Ohio State University, earning Bachelor of Science in physiology (1961-1966) and medical school at Ohio State University (1966-1970); where he developed an interest in the primary and secondary prevention of atherothrombotic disease. Over the last 26 plus years, he has spent his professional life in medicine perfecting a tool to predict the population at risk of atherothrombotic disease and to guide therapy to maximally stabilize/reverse that disease if extant. Thus he has founded the Bowling Green Study of the Primary and Secondary Prevention of Atherothrombotic Disease (BGS) to which he is the principal investigator. This study terminated on 4 November 2003. Dr. Feeman has had six major articles published in various science/medical journal. He has had numerous letters to the editor published in various medical journals. All publications relate to the primary and second prevention of atherothrombotic disease. He has presented data at a number of annual scientific assemblies of the American Academy of Family Physicians and at a number of national and international symposia in atherothrombotic disease. Dr. Feeman is the founder of the Association for the Prevention of Atherothrombotic Disease in Northwest Ohio to facilitate the spread of knowledge about this disease.

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